

HOW TO RELAX

A Formula

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FOREWORD

The entire process given in this formula is an active one. It requires active thinking. It necessitates Self-Control. It is a mental discipline and exercise—and will bring ample results in physical, spiritual and psychical values once it is mastered.

Absorb and assimilate the essence of the ideas expressed in the formula. Study each subject separately in the order presented. Study the formula thoroughly before attempting to practice it.

RELAXATION

The physical organism continues to expend vital energy just as long as there is a tense muscle in the physical body.

Only when there is perfect relaxation of all the muscles of the physical body does the wasteful outgo of vital energy entirely cease.

Therefore, take an easy, comfortable position—sitting or reclining—so all the muscles of the body are free and uncramped.

Breathe several long, deep breaths—not more than seven—to purify the bloodstream and oxygenate the system. Hold in mind the thought of “Relaxation.”

Begin first with the head. Center your active attention on it, consciously endeavoring to “let loose” every tissue and muscle. Shift the attention to the neck until it is relaxed. Move the attention on down the spinal column, all the time sensing the loosening effect. Again move the attention to the right upper arm, the lower arm, the wrist, the hand, the fingers, consciously thinking of each muscle letting loose. Repeat the same with the left arm. Turn then the attention to the thorax—the chest, stomach, abdomen; down the right upper leg, the knee, the lower leg, the ankle, the foot, the toes. Finally shift attention to the left leg, following the same procedure.

Repeat the entire process, all the while thinking “Relaxation,” until You are conscious that every muscle of your body from head to feet has finally responded and is in a state of absolute Relaxation.

R E S T

Rest is possible only when Relaxation is complete.

It comes only as a result of Relaxation.

Nature restores vital energy most rapidly when the body is at rest. Therefore, think—"Rest."

P E A C E

Perfect peace of Soul is possible only when the physical body is in a state of perfect Relaxation and Rest.

Therefore, think "Peace" until the sense of perfect *Peace* takes possession of your Consciousness.

When You have reached this state of physical *Relaxation* and *Rest* and mental *Peace*, You have attained to a condition wherein your mind has absolute control over your vital energies, but not before.

From this point, when *fully attained*, You can mentally command and compel any state or condition of body You desire, within the bounds of your possibilities.

S L E E P

Suppose, for instance, You desire Sleep.

If You have already reached the state of *Relaxation*, *Rest*, and *Peace* referred to, all You need to do is—think *Sleep* and hold the thought and desire for *Sleep* steadily in mind, and *Sleep* will come.

It will steal over your senses before You are aware of it. You will sink into a deep, natural, restful and peaceful sleep, from which You will awake with as much vital energy as Nature could manufacture for You during that period of time.

L I F E

But suppose You desire to give yourself a treatment without going to sleep.

In that case, instead of "Sleep"—think only of *Life* with the earnest desire to absorb it from your environment which abounds with it.

Hold the thought and desire *steady*, and in a few minutes You will feel the influx of vital energy with perfect distinctness.

N O T E

If You fail at any point to realize the results, go back to the beginning and You will find that You are not fully Relaxed, or at Rest, or at Peace.

Repeat the process until You can hold each step, and You cannot fail to get the results. *It is nature's law.*

P O S T S C R I P T

You may not be able to accomplish the full results in a first effort, nor a second, nor even a third—dependent upon how well You are able to focus your attention and control your faculties and powers. But if You have the Moral Courage and Unalterable Determination to achieve the results You will succeed—and the self-discipline and spiritual values accruing will be well worth the effort expended.

Remember always in all your efforts that You must not allow mental inertia to overtake You. The mind must be always awake, alert and active, and absolutely under your own control. Only in this way will You remain master of yourself—capable, efficient, clear-thinking, positive and independent.

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